Proud Moments ABA

My Big Brave Moment

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A Note for Grown-Ups

Potty training is a big step for children and for the grown-ups who love them. It can bring excitement, pride, worry, frustration, and sometimes a few tears (from everyone involved).

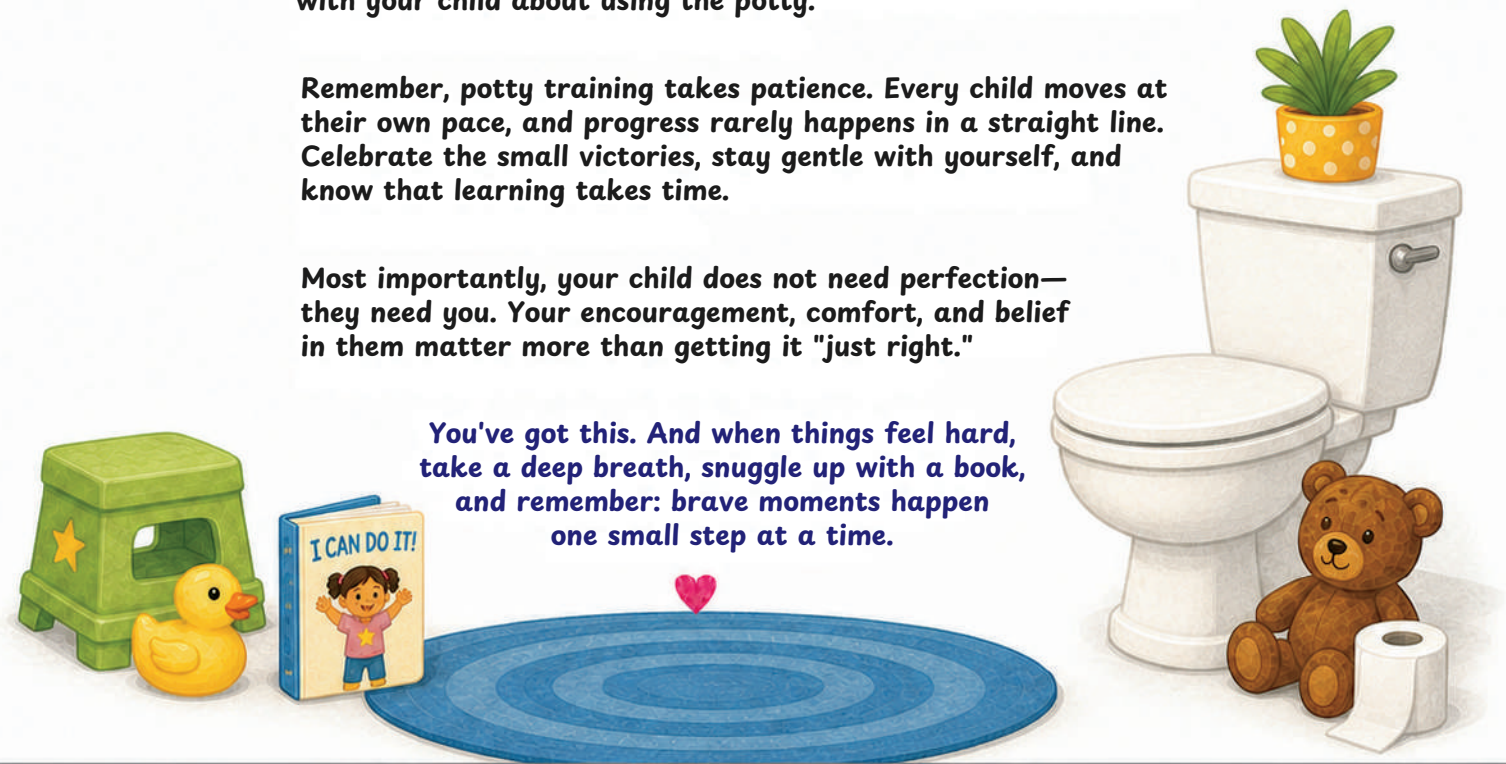
Children, especially those with autism, learn best when hard things are paired with connection, comfort, and moments that feel safe. Reading together is one of the most naturally nurturing things we do. A cozy lap, a familiar voice, a favorite story, these moments help children feel calm, connected, and ready to learn.

This book was created to gently pair the loving experience of reading together with a topic that can sometimes feel big or overwhelming: potty training. It is meant to give you simple language, shared moments, and an easy way to begin conversations with your child about using the potty.

Remember, potty training takes patience. Every child moves at their own pace, and progress rarely happens in a straight line. Celebrate the small victories, stay gentle with yourself, and know that learning takes time.

Most importantly, your child does not need perfection—they need you. Your encouragement, comfort, and belief in them matter more than getting it "just right."

You've got this. And when things feel hard, take a deep breath, snuggle up with a book, and remember: brave moments happen one small step at a time.



One bright new morning,
Sun in the sky,
A thought popped in
Like a butterfly.

"Today," he said,
With hope in his heart,
"I think I am ready.
I'm ready to start."



His tummy felt wiggly
And a little unsure.

He found his mom
And shared that with her.

Mom smiled softly
And sat down low.

"I'm glad that you told me.
That helps you grow."

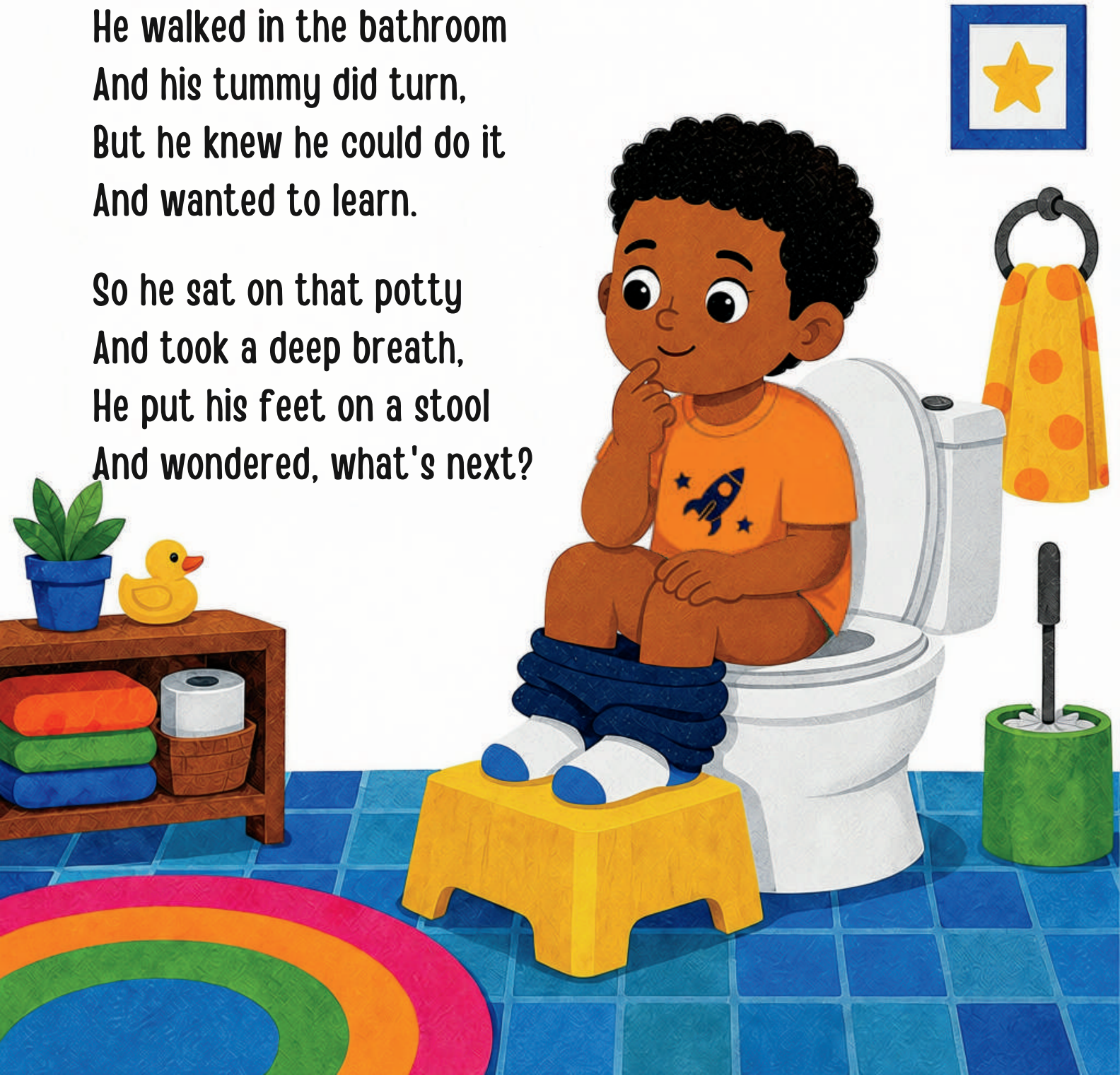





I feel a bit nervous...
Will I know what to do?
Your body will tell you,
And I will help you.
You don't have to rush.
It's just a first try.
You can just sit if you like.
And I'll stay nearby.

He walked in the bathroom
And his tummy did turn,
But he knew he could do it
And wanted to learn.

So he sat on that potty
And took a deep breath,
He put his feet on a stool
And wondered, what's next?



Mom sang a tune,
Her favorite song,

A happy, silly
Sing-along.

He sat and listened,
Calm and free.

"This isn't so scary,"
He thought quietly.



The next day came.
He sat once more.

His feet on the stool,
Just like before.

Sitting was practice
And mom was so proud.

Taking your time
Was always allowed!



Another day.
He sat again.

He took a breath
And counted to ten.

He gave a small push,
Then did it again.

He peed in the potty
And knew it right then.



He looked inside
And smiled so wide.

"I did it!" he said
With glowing pride.

His heart felt big.
His smile shone bright.

"I did something brave today.
And it was alright!"



He tried again later.
Then tried the next day.

Each time it felt easier
In its own way.

The potty wasn't so scary,
And he was so brave.

He was getting better
And better each day!



He was happy to know
That he really knew how,

"I think I am ready
For underwear now."

Soft and snug
And feeling just right,

He looked in the mirror
And smiled so bright.



Then he played with his
trains, click-clack-click,

Building tall towers,
fast and quick.

Then suddenly, pause!
He stopped his play.

“I have to go potty!
I'm going today!"



He ran to the potty, climbed up tall,
Feet on the stool, steady and small.
He sat. He waited. He knew what to do.

Pee came out. Then poop came too.



He blinked once. Then smiled wide.
"That wasn't so scary,"
he said with pride.

"I did a brave thing!"
He knew it was true.

He was so proud of
what he could do!



Mom and Dad cheered, "Hip hip hooray!
You listened to your body today!"

They clapped and smiled
And hugged him tight,

“You did something brave.
You did it right!”



He smiled the biggest smile he knew.

“I listened inside. I knew what to do."

The potty wasn't scary,
The potty was fine.

He was patient and
Practiced until he
Knew it was time.



Some days are fast. Some days are slow.
Each little try helps your courage to grow.

Listening to yourself
Is the most important part.
The bravest place...
is your own heart.



I spy 4 pairs of big kid underwear.
Find the underwear!

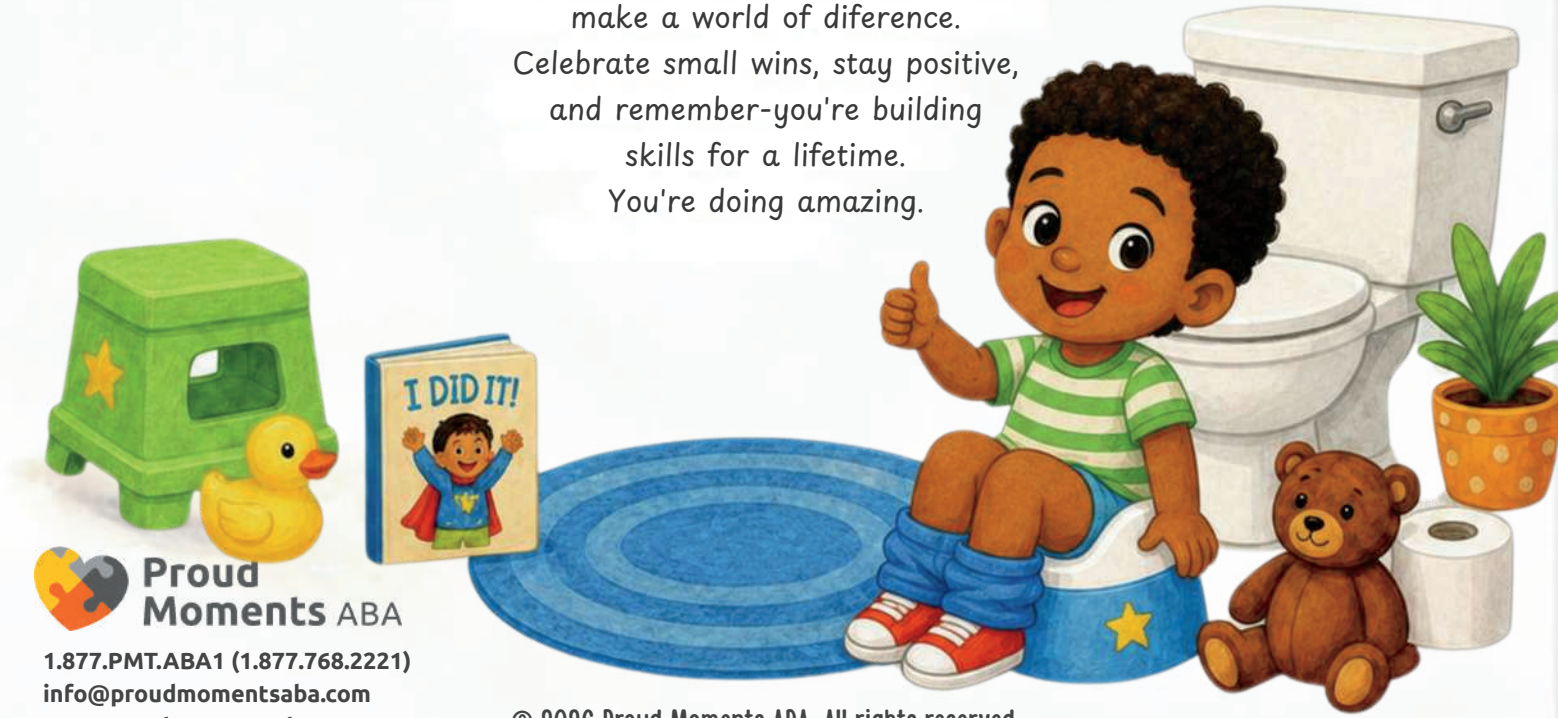


Going to the bathroom
is a big step — and you're doing it!
Every try helps your confidence grow.
You've got this!
This encouraging story helps children feel
proud of their progress, learn what to expect,
and celebrate each step toward independence.



A note for grown-ups:

Potty learning looks different for every child.
Patience, encouragement, and consistency
make a world of diference.
Celebrate small wins, stay positive,
and remember-you're building
skills for a lifetime.
You're doing amazing.



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